

Creating Your Dream Life

Module 5: Facing Your Fear

Exercises and Lifework

Exercise 1: List 5 Fears in relationship to your dream.

Exercise 2: For each fear listed, write a corresponding happiness.

Lifework: Write down 5 things you would do.

“Thinking will not overcome fear but action will” W. Clement Stone

**“The only thing we have to fear is fear itself.”
Franklin D. Roosevelt**

Exercise 1: List 5 Fears that come up when you think about reaching your dream.

1. I am too busy with everything in my life to start my own dream builder business.

Exercise 2: For each fear write a corresponding happiness you would miss out on if you do not reach this dream.

1. I will miss the blissful feeling of helping people find their dream.

Lifework: Write down 5 things you would do if time, money, gender, education and experience were not factors.



Phase 1 Planting the Seed

- Step 1: Discovering
- Step 2: Designing
- Step 3: Deserving

Phase 2 Bridging the Gap

- Step 4: Befriending Fear
- Step 5: Getting into the Flow
- Step 6: Changing Perspective

Phase 3 Acceleration

- Step 7: Listen to Your Intuition
- Step 8: Harness Your Belief
- Step 9: Stepping Stones

Step 10: Harvest Your Dream

